

Supplementary table: Bivariate correlations between psychological, sleep and biological measures at baseline across the complete sample.

*P<0.05

SWB measure	Sleep and biological measures						
	PSQI	Daily sleep quality	Systolic BP (mmHg)	Diastolic BP (mmHg)	HR (bpm)	Cortisol awakening response (nmol/l)	Cortisol AUC (log, nmol/l)
Life satisfaction	-0.31*	-0.24*	0.08	0.02	-0.02	0.09	0.09
Positive emotional style	-0.20*	-0.28*	0.01	-0.04	0.04	0.06	-0.02
HADS total	0.46*	0.29*	-0.09	0.03	-0.02	-0.15	-0.13
Flourishing	-0.12	-0.16	0.05	-0.01	-0.08	-0.08	0.04
Optimism	-0.34*	-0.25*	0.15	0.08	-0.12	0.07	-0.08